



ALPE-ADRIA-TRAIL

AUTUMM EVENT 2019

SATURDAY 28 SEPTEMBER, 07:30, SEEBODEN

An all-day hike on the Millstätter Alpe from the Sommeregger Hütte to the Lammersdorfer Hütte with an artistic supporting programme, Alps-Adriatic cuisine and shuttle transfers.

There is no charge for taking part, but registration is required for organisational reasons! Limited number of participants.



WITH
Gertrud Reiterer-Remenyi and Julia Malischnig

Reflection, reading, mellow guitar sounds.



WITH
Blech Gröstl

Brass quartet with percussion.



WITH
Leonie Humitsch

Contemporary dance interlude at the Garnet Gate.



WITH
Trio Carantan

Italian music with violin, accordion and guitar.



WITH
Die Unvollendeten

A musical trip around the world.



WITH
Etnoploč Trilateral

A variety of music from the Alps-Adriatic region.



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This year's Alpe-Adria-Trail autumn event is now the seventh time the event has taken place.

The combination of sociable hiking with musical, cultural and culinary delights has proved to be a success. The cultural programme is a potpourri of musical, scenic and literary interludes at seven stops which the public will hike past during the day.

The culinary offering features regional products from the destination, Lake Millstätter See.



GETTING THERE AND BACK



BY TRAIN

MORNING:
TO SPITTAL MILLSTÄTTER SEE

DEPART FROM	ARRIVE AT SPITTAL STATION	TRAIN NUMBER
Mallnitz 6:47	7:17	R4933
Lienz 6:29	7:27	REX1738
Villach 6:54	7:26	S1
Klagenfurt 6:45	7:38	RJ 691

For further train connections see www.oebb.at

EVENING:
RETURN FROM SPITTAL MILLSTÄTTER SEE

DEPART FROM SPITTAL STATION FOR	
Mallnitz	17:40 and 19:40
Lienz	17:37 and 19:37
Villach	17:32, 18:20, 18:30, 19:30
Klagenfurt	

INDIVIDUALLY BY CAR

Free parking is available in Seeboden, Seezentrum P+R car park. It is possible to drive up to the Sommeregger Hütte with your own car; a toll charge of € 7 per car is payable.



WITH THE SHUTTLE BUS

No charge – but only if you register!
Registration by 12:00 on Wednesday 25 September 2019 is essential for capacity planning.
Email: info@millstaettersee.at
or Tel. +43 4766 3700-0.

- Shuttle buses from Spittal station to the Sommeregger Hütte will be available from 07:45.
- Shuttle buses from the Seezentrum P+R car park to the Sommeregger Hütte will be available from 07:15–08:15.

- Return: from 16:45 onwards from the Lammersdorfer Hütte to the Seezentrum P+R car park and Spittal station.

There will not be a shuttle back to the starting point (the Sommeregger Hütte)!



IMPORTANT INFORMATION ABOUT THE HIKE

- **Participation:** There is no charge for taking part in the hike, attending the artistic performances or using the shuttle bus (limited capacities), but for organisational reasons advance registration is necessary!
- **Route characteristics:** The route is approximately 17 km long. The ascent has a difference in altitude of 811 m, the descent 872 m. This stage takes place in partly high alpine terrain, but there are no major technical difficulties (e.g. exposed sections). The forecast walking time (including breaks) is around 7½ hours. Detailed information on this stage (sections of S12 + S13): www.alpe-adria-trail.com/de/etappen
- **Physical requirements:** The hike demands appropriate physical condition and fitness, and a certain surefootedness. Walkers should be used to longer uphill and downhill walks.
- **Equipment:** Suitable hiking equipment is essential (good footwear, functional clothing, rain/sun protection, as applicable trekking poles).

- **Food and drink:** Hikers are recommended to bring their own food and drink with them for the hike. There will be free samples of Alps-Adriatic cuisine at the Sommeregger Hütte, Alexanderhütte and Millstätter Hütte. At the end of the hike food and drink can be purchased at the Lammersdorfer Hütte.
- **Guides:** Mountain hiking guides and mountain rescue will be involved. The route is signposted, as is the entire Alpe-Adria-Trail.
- **Waste prevention:** Please do not throw any rubbish away. Please dispose of any packaging you have brought with you at home or in the valley.
- **Liability:** The organiser is unable to accept any liability for accidents and other damages. Children under the age of 12 are only permitted to participate when accompanied by adults.
- **Organiser:** The official organiser of this hike is MTG – Millstätter See Tourismus GmbH in cooperation with Kärnten Werbung GmbH.

- **Weather on the day of the event:** In principle the event will take place whatever the weather. Exception: long-term low pressure zone with persistent/strong rain (will be communicated in good time via website and media). No replacement event is planned.
- **Getting there and return transfer:** Hikers should travel to Seeboden individually with their own car. Free parking is available at the Seezentrum P+R car park in Seeboden (signposted). Alternatively you can take the train to Spittal-Millstätter See. From 07:45 there is a free bus shuttle from here via Seeboden (Seezentrum car park) to the Sommeregger Hütte. Please note: use of the bus shuttle can only be guaranteed if you reserve beforehand by email to info@millstaettersee.at or by phone on +43 4766 3700-0! After the end of the hike there will also be free return transfers available at the Lammersdorfer Hütte from 16:45 (see reverse for train arrivals and departures).

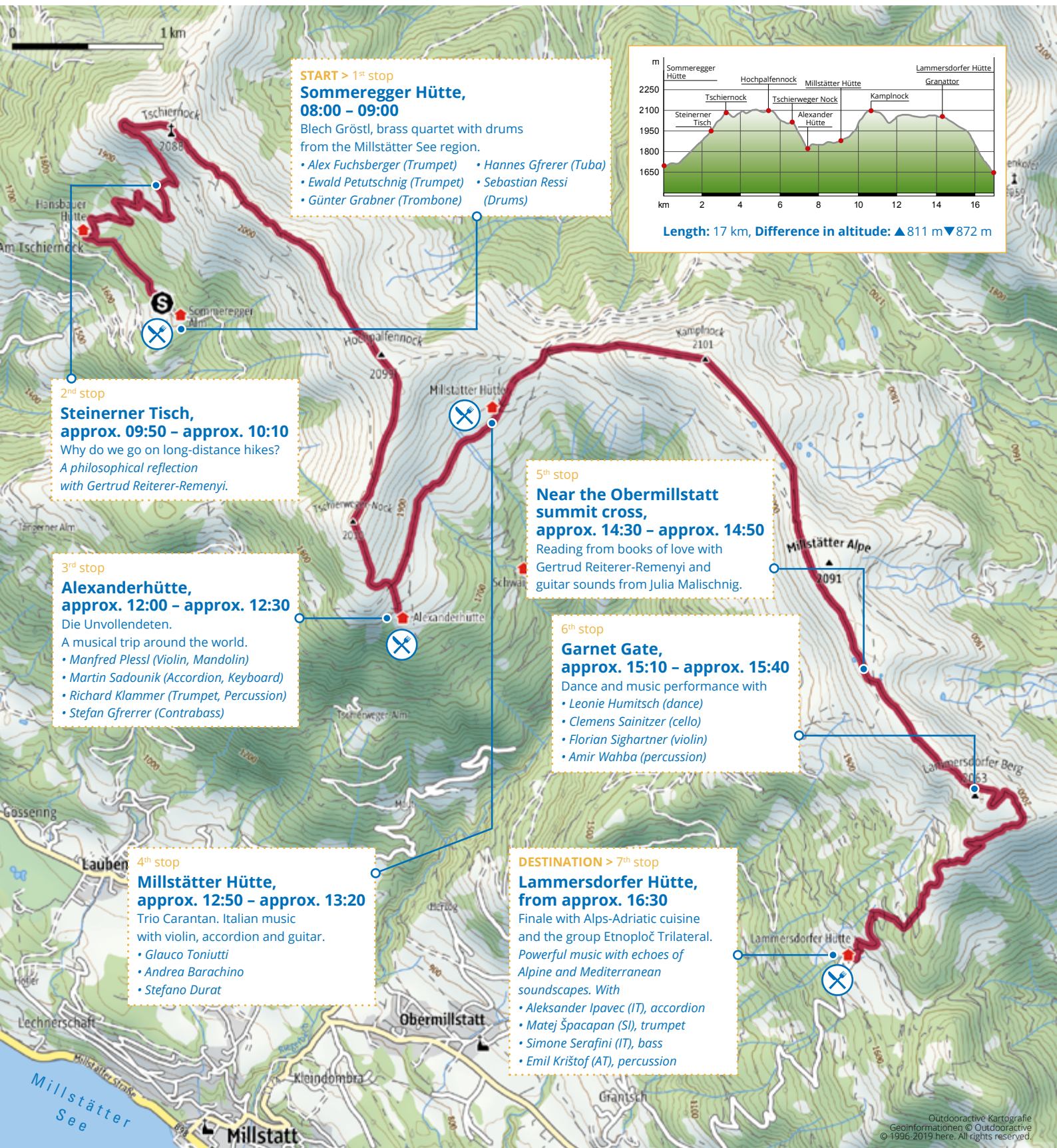


PROGRAMME SEQUENCE AND STAGES

Subject to changes

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The initiators of the Alpe-Adria-Trail look forward to seeing you! They are: Kärnten Werbung, Slovenian Tourist Board and the Friuli-Venezia Giulia tourism authority PromoTurismo, plus the Millstätter See tourism region and the municipalities of Seeboden and Millstatt which are involved in this stage together.



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